

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework--Room 3/4 9:00 Intermediate Computer-Room 11 9:30 Hi-Cap-Vietnamese-by Appt. 10:00 Aerobics-A/B Room 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Chess Club-Room 1 8:45 Balance & Mobility-Room 3/4 9:30 Stretch & Flex-East/West Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-East/West Room 11:45 Lunch 12:30 Intermediate Computer-Room 11 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East /West Room	9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-Room 3-4 11:45 Lunch 12:45 Bingo	7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3-4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 9:00 Legal Aid-by appointment 9:15 Movie: “The Apostle” 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:30 Lunch W.O.W. Trip Michaels Crafts -9:30-11:00
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 9:00 Craft Boutique 10:00 Aerobics-E/W Room 10:00 Mah Jongg-Room 5 10:00 Commission on Aging 10:00 Hi-Cap-by Appt 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:00 Craft Boutique 9:30 Stretch & Flex-East/West Room 10:00 Adult Fitness Room 3/4 10:45 Low Impact Aerobics 2-East/West Room 11:45 Lunch 12:30 Intermediate Computer-Room 11 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East /West Room	8:00 Preventive Health 9:00 Yarn Spinners-Room 1 9:00 Beg. Computer Class-Room 11 9:00 Craft Boutique 8:00 Commodities-Room 5 10:00 Adult Fitness-Room 3/4 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo	7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3-4 9:00 Blood Pressure-Room 11 9:00 Craft Boutique 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 9:00 Craft Boutique 9:15 Movie: “The Remains of the Day” 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:30 Lunch W.O.W. Trip BIG LOTS -9:30-11:00 <div>Open 8:00AM-1:00PM</div>
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework--Room 3/4 9:00 Intermediate Computer-Room 11 9:30 Hi-Cap-Vietnamese-by Appt. 10:00 Aerobics-E/W Room 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:00 Beginning Computer-Room 11-1st Class 9:30 Stretch & Flex-East/West Room 10:00 Attorney by Appointment 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-East/West Room 11:45 Lunch 12:30 Intermediate Computer-Room 11 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room	9:00 Yarn Spinners-Room 1 9:00 Beg. Computer Class-Room 11 10:00 Adult Fitness-Room 3/4 11:45 Lunch 12:30 Bunco-Room 10 12:30 Diabetes Support Group-Room 5 12:45 Bingo	7:30 Chess-Dining Room 8:30 ESL-Room B 8:45 Balance & Mobility-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room 11:00 Thanksgiving /Birthday Lunch-by reservation 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 9:00 SCAT Meeting -East/West Room 9:15 Movie: “The Seven Year Itch” 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:30 Lunch <div>Last Day to Order Sggs’s Candy</div>
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Aerobics-E/W Room 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:00 Beginning Computer-Room 11 9:30 Stretch & Flex-East/West Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-East/West Room 11:45 Lunch 12:30 Intermediate Computer-Room 11 12:30 Beginning Adult Fitness-Room 3/4 1:00 Dance Aerobics 4-East/West Room	9:00 Yarn Spinners-Room 1 9:00 Beg. Computer Class-Room 11 10:00 Adult Fitness-Room 3/4 11:00 Thanksgiving Brunch 12:30 Bunco-Room 10 12:00 Bingo to 1:45PM	<div>THANKSGIVING DAY</div> 	<div>Thanksgiving Holiday</div> <div>CLOSED</div>
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Aerobics-E/W Room 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	<div>November 2009</div>			